

# Make yummy treats with your kids

By AMY COLE and KRISTI LONG

Do you wish your kids would try new foods or eat healthier?

The best way to get your kids to be more adventurous at the table is to get them into the kitchen. You will be amazed by what your kids will eat if they have helped to prepare and cook it.

Each month at The Dinner Station, we will share one of our delicious dishes that you can prepare at home with your kids.

We will provide you with a list of everything you will need, along with helpful tips to get your kids into the kitchen and helping prepare dinner.

Use these recipes to teach your kids about kitchen basics and healthy food choices.

You will even expand the delicate palates of your pickiest eaters. These instructions are intended as a guide.

Be sure to consider the age and ability of your child when determining which steps you or they perform.

Cut out the recipes each

## Chocolate-covered pretzels

### Ingredients and tools

- Pretzels of your choice
- White almond bark
- A variety of sprinkles, peppermint pieces (peppermints broken into small pieces), miniature chocolate chips and candies.
- Double boiler or microwave safe container (for melting bark and chocolate)
- Tongs
- Waxed paper
- Decorative tins

### Cooking instructions

**Parent:** Place almond bark into a double boiler, or microwaveable container, and melt. (See directions on package.)

**Child:** Lay out all of your topping choices.

**Parent and child:** Using tongs, dip pretzel into melted almond bark and place onto waxed paper. While the bark is still wet, sprinkle with your choice of toppings. Allow to cool and dry overnight on the counter or in the refrigerator.

month and glue them into a notebook. Let your family add comments to the page and begin your very own family cookbook.

Look for The Dinner Station's Kids Kit dishes each month.

These are great meals that you can take home and assemble with

your kids.

■ For more information, visit [www.thedinnerstation.com](http://www.thedinnerstation.com).

*Amy Cole and Kristi Long are founders of The Dinner Station, a meal-assembly franchise in the Dallas-Fort Worth area.*

# SPCA seizes mistreated dogs

STAFF REPORT

Under the authority of the Lamar County Sheriff's Department, the SPCA of Texas seized 23 cruelly confined dogs from a property in Paris recently. The dogs arrived at the SPCA's Perry Animal Care Center Nov. 30.

The dogs, most of which are unsocialized, had been living in a cruel confinement situation. Many of them were locked in crates or pens or running loose at 840 E. Hearon St. in Paris. The property owner, Donald Mark Gore, had

been reportedly feeding the dogs, but had not been supplying them with water nor had he been cleaning the property. Many of these dogs will need immediate and ongoing medical care because conditions that include hair loss, serious eye problems, cuts and scrapes and scarring.

Officials have already filed criminal charges of animal cruelty and a hearing is pending.

After being removed from the property, the dogs were taken to the SPCA's Perry Animal Care Center at 8411 FM720, McKinney Ranch

Parkway, in McKinney, where they will be examined by veterinarians, cared for and given all appropriate medical treatment. They will remain there until the custody hearing. If the SPCA is awarded custody, the animals will be made available for adoption on a case-by-case basis.

Operations like this one are funded entirely by private donations to the SPCA, who estimates the care per animal at \$10 per day. To help the SPCA with this and future animal rescues, call 1-888-ANIMALS.

## Enjoy a brown bag lunch while learning art history

The Heard-Craig House will host an art history brown bag series from 12:30 to 1:30 p.m. the first Wednesday of the month in the Carriage House at 205 W. Hunt St. Admission is free.

■ For more information, call 972-569-6909.

## Garret Art Gallery will feature local artists

The Garret Art Gallery in historic downtown McKinney at 111 E. Virginia will be featuring their annual Miniature and Small Paintings Show, including that of 12 local artists through December.

■ For more information, call 972-542-2956.

## Chamber is seeking community input

The Chamber of Commerce is updating its marketing and communications plan and is interested in your thoughts through a quick survey.

■ To take the survey, visit [www.surveymonkey.com/s.asp?u=341622429110](http://www.surveymonkey.com/s.asp?u=341622429110).



## Carpets Dirty?

Professional Steam Cleaning

**\$34<sup>95</sup>**

Includes 2 Rooms and Hall!

**5 Rooms and a Hall**

**\$79<sup>95</sup>**



**Absolutely No Hidden Charges!**

214-592-9975

Serving Collin County

NEW ARRIVALS AT

## ALTERNATIVE FURNISHINGS



*ARCHITECTURAL ANTIQUES FROM INDIA*

*RELIGIOUS ART & ANTIQUES FROM ECUADOR*



On The Square • 100 E. Louisiana St. • Downtown McKinney, Texas 75069  
LOCAL 972.547.0721 METRO 972.562.0716  
[www.alternative-furnishings.com](http://www.alternative-furnishings.com)

## SAVE MONEY WITH THE HOME/CAR DISCOUNT.

Which helps when you have the HOME/CAR PAYMENTS.

Combine your home and auto insurance and save up to 20% on your premiums at Nationwide.\*

**THE MAUCERI AGENCY**

Principal Agent  
Associate Agent

**AL MAUCERI  
MELANIE GAYLE**

3751 S. Stonebridge Dr  
McKinney, Texas  
214-733-8400  
Maucera1@nationwide.com  
Gaylem@nationwide.com






Auto Home Life Business

Call us today for a quote.

Products underwritten by Nationwide Mutual Insurance Company and Affiliated Companies. Life Insurance issued by Nationwide Life Insurance Company, Home Office: Columbus, Ohio 43215-2220.

## Pay the Day!

### Joiner fee \$1 on Jan. 1st

JANUARY 2007

| Monday       | Tuesday      | Wednesday    | Thursday     | Friday       | Saturday     |
|--------------|--------------|--------------|--------------|--------------|--------------|
| 1            | 2            | 3            | 4            | 5            | 6            |
| JOIN FEE '1  | JOIN FEE '2  | JOIN FEE '3  | JOIN FEE '4  | JOIN FEE '5  | JOIN FEE '6  |
| 8            | 9            | 10           | 11           | 12           | 13           |
| JOIN FEE '8  | JOIN FEE '9  | JOIN FEE '10 | JOIN FEE '11 | JOIN FEE '12 | JOIN FEE '13 |
| 17           | 18           | 19           | 20           | 21           | 22           |
| JOIN FEE '17 | JOIN FEE '18 | JOIN FEE '19 | JOIN FEE '20 | JOIN FEE '21 | JOIN FEE '22 |
| 25           | 26           | 27           | 28           | 29           | 30           |
| JOIN FEE '25 | JOIN FEE '26 | JOIN FEE '27 | JOIN FEE '28 | JOIN FEE '29 | JOIN FEE '30 |

Joiner fee = day of the month!

Joiner fee \$1 on Jan. 1st

\$2 on Jan. 2nd

Join in January and Pay the Day, plus first month's dues.

Discount ends Jan 31, 2007.

Mention this ad and SAVE NOW!

Membership for All

Visit us online at [mckinneyymca.org](http://mckinneyymca.org) and see how we fit your budget.

McKinney Family YMCA (972) 529-2559